

QUESTION 4

The NHS Long Term Plan outlines commitments to Prevention, Choice and Control and Promoting Independence and Self-Care: The Long Term Plan outlines that NHS wants to get better at helping people to stay well or 'preventing avoidable illness'. This includes things like: helping people to stop smoking, helping people to be a healthy weight (which helps prevent diabetes), helping to lower pollution – this is about the air we breathe (and reducing the number of people who go into hospital because of breathing problems), lowering the number of people who need to go to hospital because of drinking too much alcohol. It also makes a commitment to people getting more control over their own health and more personalised care when they need it. The NHS will support and train staff to have conversations which help patients make the decisions that are right for them, creating genuine partnerships between patients and professionals and ensuring patients are engaged in decisions about their health and wellbeing. Increasing the number of Personal Health Budgets (where people get control of the funding that would be spent on them to make their own decisions about what would best improve their conditions) is also planned. Over the next five years the NHS will increase support for people to manage their own health. This will start with diabetes prevention and management, asthma and respiratory conditions, maternity and parenting support, and online therapies for common mental health problems. There is a commitment to increasing social prescribing, which is where patients can be prescribed a variety of activities such as volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports, as a way of giving people access to wider, less health-focused ways for them to improve their health. There is also a commitment to improve personalised care at end of life ensuring people are supported to receive the best quality care and die in the place they chose. Do you agree those are the right things to focus on?

Its cheaper to prevent illnesses than it is for permanent care

Self care and empowerment improves lives and will, with continued support, continue to benefit health

Potential to provide more person centred, individualised care. One size does not fit all. Needs to be area wide to ensure no 'postcode lottery'

Personal health budgets sounds like buck passing shifting responsibility from those able to provide to the vulnerable in society needing help.

1. It's not the NHS's problem people smoke. If they want to quit they should get the nicotine replacement products off the shelf not a prescription. It costs the same amount as cigarettes do. 2. People are relying too heavily on the NHS for weight loss. They think they can eat what they want, become obese and then they can get a gastric band or bypass. If you want to stop obesity then stop promoting weight loss funded by us tax payers! Have a single charge for weight loss products and any medication relating to being overweight on prescription. Make all weight loss surgery chargeable. That is what will stop because they have no choice but to either pay up or sort themselves out. It's the same principle for smoking, alcohol and drugs. 3. Yes and no. Pollution from means out of our hands, yes. Breathing issues

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relating to smoking - no. 4. Anyone admitted because they've drunk too much - fine them. They get fined for being drunk and disorderly, do the same. I think I've outlined everything I've said no too.

prevention better than cure

prevention is better than cure

ive had my personal budget cut and now i cant afford the help i need . any improvement to this would be good for me . social prescribing is good if you have good places to refer people . i have been sent to rubbish places that havent helped me.

i think prevention is cheaper than the cure

They appear to be good priorities for long term improvements. Mental Health should also be a priority though.

People need to take responsibility for their own health and well being. There are lots of free activities that people can take part in without having activities prescribed by the NHS.

Presentation is cheaper and better so all the activities are good but we must educate people why they are good i have RA and it's probably brought on by eating too much sugar even though I've never been overweight. If I realised when I was younger that a healthy BMI doesn't mean a healthy body. There are other signs such as poor skin and just common sense with food. Also the elderly deserve to be cared for - we wouldn't leave babies unattended so why are the elderly treated differently

although wide reaching aim, the core is funding and where it comes from

weight loss. befriending etc , can lead to an overall increase in good health

In some instances, it sounds good but as it saying that each person will have a budget allocated to themselves and if do what happens when limit reached

It's not just about individual choice it is also about understanding all the other factors which affect health and wellbeing. Education, work, housing, neighborhoods, relationships, transport, isolation, childhood experiences. A holistic approach is required.

As a nation we need to be accountable for our own health, resources are slim, prevention is key to a long term, sustainable NHS

Personal health budgets are placing greater amounts of personal administrative work around obtaining funding for health needs

People should take responsibility for their own health but quite often are unable to find the health and support they need to enable them to do this e.g. unable to get a timely doctors appointment, can not afford prescriptions or unable to afford dentures glasses or lost hearing aids which is detrimental to their personal needs

We have a responsibility to maintain our own health and lead a healthy lifestyle.

I think preventative health is very important and could potentially save the NHS millions of pounds.

This is the way forward. Unfortunately getting people to manage their own health. Is something completely different.

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<p>Emphasis should be on getting people to help themselves getting out and about is a good way to start. Should also be penalties for those who are refusing still smoking putting on weight etc</p>
<p>Being healthy is vital to enjoying your best life, too often people feel isolated and alone and do not know how to get themselves back into everyday life. Often people become isolated as they cannot afford to go places and meet people. If access to the above kinds of groups was easier and more accessible perhaps individuals wouldn't feel so alone. When someone gets used to being alone and sad all the time this becomes their norm and it can often be a rut that some people just cannot see a way out of. They begin to doubt themselves, lose trust in others and withdraw from life this is so sad and more should be done to prevent this happening</p>
<p>You should include helping people to stop taking drugs. There should be no "Personal Health Budgets", nor internal markets; the service should be delivered on demand as it always has and HMG/NHS should work smart to achieve this and find a cure for the "easy-life-syndrome" that some managers exhibit. You should include provision for care in disability and old age. Otherwise where is the integrated cradle to grave service, which is a massive part of the vision?</p>
<p>However, a one size fits all model doesn't work. My father nearly 84 has numerous appointments with many different professionals and he needs bespoke care, tuned to his condition and realistic expectations from the plethora of professionals involved. I feel a lot of money is wasted in the NHS by routine follow up appointments that are not necessary or particularly wanted.</p>
<p>Non-English speaker should not be left out. Language support should be provided for them to be able to participate the long term plan.</p>
<p>No comment</p>
<p>No comment</p>
<p>The plan aims at having a good self-control and management of physical and mental health, to meet the idea of prevention is better than cure. There will be a huge positive impact on the whole nation, which including the quality of life, productivity and the economy.</p>
<p>This plan is very comprehensive and can meet the idea of prevention is better than cure. I hope it will be an accessible plan to everybody, especially to the vulnerable group, ethnic minority group, the hard to reach group, and the non-English speaker group.</p>
<p>No comment</p>
<p>People could be living better. No junk food, or bad health habits. So helping them to make better choices or making information more easier would be good</p>
<p>No comment</p>
<p>Prevention is better than cure. To ensure people can have better management and control to the health conditions, better quality of care plan should be in place and also need patient and empathetic medical staff to support people to fulfil it.</p>
<p>Patients should be prescribed a range of sports to prevent illness and it can influence the whole community to build up better life style. It is necessary to improve personalised care at end of life as there are increased in number of people nowadays who die from critical illness nowadays.</p>

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The plan can help to reduce and minimise the development of avoidable illnesses; also can help people to have better control and management on their own health, which can help to reduce the pressure of the NHS system.

Prevention is better than treatment which can help to reduce the cost of hospitalization

Having been on the diabetes prevention programme, I have learned and have a better understanding of what causes diabetes and I am able to make more informed decisions regarding my health.

Medical staff should know how to handle the situation of lacking of communication especially to the non-English speakers. Medical staff should be patient to the non-English speakers; unfriendly and unhelpful attitude of the medical staff is unacceptable. The perinatal care environment is needed to be improved, to be more friendly and more attentive.

No comment

Many of these are reasonable objectives. But they are bundled together. Many important things are left out. In particular there is no focus on changing the social and economic inequalities that cause health inequalities and too much misleading focus on behaviour change. There is no focus on local communities, empowerment and democratic accountability.

primarily because of an increased emphasis on support for people to manage their own health.

What the nhs needs is more GP's, more Doctors and Nurses, so people can access appointments and treatments when they need them - without having to wait days or weeks. Waiting times for GP appointments, and waiting times in A&E are far too long. This situation has been bad for years - it's time NHS was staffed properly!

quality of life

more so for the end of life care

It is hard sometimes to get an appointment with the doctor as we have to ring at 8am in the mornings. It was over a week before I could get my husband an appointment

useful to local as alternative treatments to medication and other medical led treatments. On the contrary if any new initiations are aimed at privatisation I would be against that

Need resources to support the non-English speakers to access the services.

No comment

No comment

Prevention is better than cure. To reduce the cost of hospital admission.

personal circumstances

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The NHS Long Term Plan has a long term benefits to the environment; social economy; people's mind and body health.
Disease prevention help people to avoid unnecessary illness and also help reducing NHS cost for treating serious illness. It is important to let the population know prevention and management are better than treatment.
healthy eating and healthy lifestyle are important
the content is substantial
The people who have long term health conditions and disabilities will be benefit from the increase of Personal Health Budgets. As they can have more choices to meet their personal needs.
It is essential for patient.
Money could be better spent on refusing health tourists, and gender rearrangement, if they want to change they should pay for it themselves, the NHS was set up for people that were ill and could not afford private doctors, not for foreign tourists and transgender people.
These actions are good for people's health, and help people to improve their awareness of their health.
Wish the NHS Long Term Plan can help the people who have language barrier to communicate with the medical professionals. The non-English speakers will have lots of issues to access health information and medical help and care.
It's very humanitarian, the plan focus on citizens' health condition. it can reduce the risk of serious illness.
I agree as people who drink to the point of needing medical attention should suppress and decrease the amount they drink as it could do damage to the body, if they drink lots. They should limit their drinking to once or twice a month or when there is a special occasion perhaps. Health awareness should be raise; more health management is needed to educate people.
The plan can help people to maintain good health and prevent illnesses
NHS should work more with community groups. They are already providing the above services.
All the above mentioned is already being offered by community groups like the Chinese Community Centre. Their work should be recognised more and intergrated in the NHS plans
No comment
yes and no Yes to t he people whom are able to understand and are able to help themselves to fitness not one fits all unfortunately Not everyone fits into the above some and unable to participate without having someone to help them physically or mentally. the elderly or house bound and those whom have learning or literacy skills
No comment

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I support educating people and investing in prevention. I'm usure about people managing their own health budget
I'm voluntary
No comment
preventable measures and health education are excellent ideas
I agree with everything that is stated for obvious reasons in my eyes
I agree wholeheartedly with everything stated
It will help people that need it
Due to the economic uncertainty nowadays, more people have suffered from mental illness are on the rise. Unfortunately the mental health issues tend to start early and develop in childhood. Women are now much more likely to have a common mental illness, especially postnatal depression. The mental health issues are not just only affect the individual personally, their whole family and the social economy is affected.
Bringing health awareness to people who are unable/unaware of resources available Taking responsibility for your own/family health
Its up to people its their last respect
Treatments other than medication have been proven to help many conditions eg walking for depression
I agree that prevention and access to information that supports a more healthy lifestyle is potentially more effective that just post condition and medical intervention
All help to give people a positive outlook which usually improves overall health and helps people to mix and stave off loneliness
Better health management can help prevent further health problems and help to save life; and help to promote better quality of life when people getting older
Health is very important to an individual, to a family, to a community and to the nation
Good health enables people to be more and better productive which can help to boost up the society economy and lower the hospital admission and treatment cost
Environmental health can help promote physical and mental health
I agree with smoking and eating to much sugar etc. can have a bad impact on the body and if habits like those are carried on for long, I thin it can have a negative lasting effect.

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No comment
No comment
No comment
No comment
It is good for the public understand how to prevent the avoidable diseases and get control of their health conditions and health issues.
The Long Term Plan sounds great, hope more people especially the hard to reach families, isolated groups and the non-English speaker are able to access and use the services and supports mentioned in the plan without any obstacles.
The above strategy can prevent lots different types of major fatal diseases. Prevention is better than cure as the money spent on curing the diseases are far more expensive than prevention. And some of the diseases are incurable unfortunately once the person has developed this long term medical conditions.
The long term plan focus on illnesses prevention which everyone has recognised and agreed with prevention is better than care. To develop and implement the long term plan will save a lot of expense on treatments and hopefully, there will be some illnesses reduced or even eradicated.
Good idea-
How would the NHS people to achieve the above commitments for ethnic minorities with speaking and understanding very little English language???
No comment
Helping people to stay well and preventing avoidable illnesses is very important. This can also help NHS to plan how to distribute the limited resources
No comment
No comment
It is absolutely important not only to provide proper medical treatments but also to educate the patients in their own languages for the non-English speakers.
as we need to know what the future is
We all have our right to know
No comment
agree
Yes I am aware that lots of people have increased needs in physical and mental health also we need an interpreter too for my BSL

#### QUESTION 4

support for deaf people is rubbish
I am doubting the NHS Policy to help to comfort passwords, health deaf need more accessible e.g face to face BSL (British Sign Language Interpreter)
I am doubting about NHS Policy to help to control personal health budget. Deaf need more accessible face to face BSL (British Sign Language) Interpreter
We have a right to know what is going off
But need BSL
I think anything to keep a person healthy and who know how to care for themselves is a great idea. Mental health is a growing concern with most families. I have just done a Power of Attorney for my mother which has now given her peace of mind, which I became aware of by Healthwatch Steve Mace
With the existing of the NHS Long Term Plan, I will get more support and services to help me to control my health issues if I unfortunately to get into the health conditions.
No comment
No comment
The Long Term Plan in which to help people to stay well & to prevent the avoidable illnesses is very practical and able to meet the nowadays' needs.
It will be great if the plan commitment can be fulfilled
The plan seems very effective but non-complicated and very diversified. Good health management is very important for illness prevention which it will help to reduce treatment cost which is a huge burden to NHS.
Good and positive impact on the entire society to have better health management.
I have suffered from asthmas for long time; so I am totally agreed with the ideas of helping to lower pollution. Free programmes of keeping healthy weight will be very good idea for people having obesity and diabetes as it can help to control serious complications.
I am very much agree with the above ideas of helping people to stay well and preventing avoidable illnesses. A good cigarette quitting services not only benefit the smokers themselves, on the other hand can prevent their family members and friend from being passive smokers.
I am very much agree with the above ideas helping people to stay well and preventing avoidable illness. Good cigarette quitting advise not only helping the smokers , but helping his family members and other people to avoid passive smoking. The entire nation can prevent from respiratory diseases with well controlled air pollutions.
Air quality and air pollution is a major environmental risk to health, so as tobacco smoking. These are the major factors of respiratory diseases and will lead to cancer and other complications, such as pulmonary hypertension and heart diseases. Lots of patient with respiratory and pulmonary diseases are house bound and poor mobility which will lead to mental health issues.

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Self management is the key. We rely on health professionals to "make us better" but it is only us that can make the right changes
Prevention costs but saves money too
everyone has the right to say how they want there care delivered
In an age of heavy technology maybe it's time to get back to grass roots and go out doors get the vitamin d, talk face to face to people learn how to read people and response. Also gain knowledge of minor health issues from others giving people this knowledge will be empowering.
The long term plan sounds very positive to us and the health professionals
It is excited to see what the Personal Health Budgets are. Hopefully it is a positive strategy to patient.
It is excited to know the personal health budgets are increased. Hope that means the British citizens are able to receive free NHS services as we used to be.
Increasing the Personal Health Budgets can enable patients have more choices of treatment; on the other hand medical professional are able to provide more efficient and effective treatments or operations.
No comment
No comment
Increasing the number of Personal Health Budgets and support for people to manage own health can enable illnesses are more easier to be controlled by medical professionals.
I agree with this plan and I think it should take place because if more people know the hazards of things like smoking and thy know how to stop someone and help them and then teach them that can save many lives and have a positive outcome and help people manage more healthier lifestyle.
I agree because smoking, drinking, weight gain, air pollution can be bad for the body and I think it would be best if these activities can be limited and controlled to maintain a healthy body and lifestyle.
More people are able to manage their own health to gain better health by diseases and illness prevention.
NHS services are needed to be improved consistently to meet people's different health needs, as health is the most valuable asset to everyone.
1. The long term plan not just only work well on myself, my friends and my family can benefit from the plan. 2. Medical and health care services need to be improved, updated and upgraded to meet the health, social and environmental needs and changes. Especially those nowadays' high risk and fatal diseases; such as diabetes, bowel cancer, cardio and vascular diseases.
priorities for people to self manage and change lifestyles
No

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Enable to reduce the future cost of NHS to be spent on patient's hospital admission or other health & social care services.; even on welfare benefits
No comment.
I feel that the NHS should provide more opportunities for members of communities to choose for their health needs.
No comment.
No comment.
1. An effective communication from the staffs is very important for helping the patient get improving their health as support can let the patients know the staffs are staying with them. 2. Supportive environment could be a big encouragement to the patient as this could influences their personal attitude for better improving their general health.
I think it is important for people to take some personal responsibility in trying to maintain a good level of health and fitness
i agree people should be taking more control of their own health and care with support within the community
Better end of life care is important,but doubtful it can be provided without more trained professionals- dieing at home?With present staff levels, limited Macmillan staff. The rest,health promotion,advice etc may help small proportion,but is doomed to failure really,taking loads of money with it.
I agree with the suggestions but think more focus needs to be on mental health and the impact that has on physical conditions
Good to focus on the causr
how are we going to help lower pollution? money ? if so i do not agree to this , money should be spent on the actual health services
it saves money for the NHS and makes people more aware and charge of their own illness
need more mental health support
maternity services -APPAULING
The majority of people who need these services won't listen or take any advice or help given to them.
keeping fit/ exercise-mental health
i think the health service is starved of funding .
more funds should be put in place for vital services . waiting lists for mental health or physical problems should be lowered
health service is a mess for me , it attack you.by choice doctors shouting at you and not sending you for treatment

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we need them for our health ,i am getting older and living longer
my mum has a fantastic diabetes nurse , however she has developed a further condition relating to this that the nurse can not deal with and the doctor has not been helpful, better partnerships and referrals needed
but i also believe that NHS should focus more on overweight and obesity issues as these are also the cause of many chronic conditions in the UK literature shows that the UK is now considered as the "fat capital " of Europe.
We all need to take responsibility for our health, whether that means reducing alcohol consumption, taking regular exercise or watching what we eat.
im concerned that personal budgets will introduce extra paperwork that will discourage people . im also concerned that such an approach will lead to private companies being encouraged . i went to see the NHS as the provider for health services . a number of people i am involved with through my involvement in national pensioners convention locally would find online support difficult or impossible to access. i do support a commitment to improving personalized care at the end of life etc.
help people become more focused on their own health and ways in which they can self help
Prevention is better that the cure
Be helping people to be more aware of how to be healthy will stop lots of people becoming ill
I think its good that people get to manage their personal budget. They will be made aware then of how much things cost and it may make them less demanding
To be as happy as possible to be as productive as possible
I want to see my own gp face to face not someone who i don't know by random .
There are too many people who are ill with things that can be prevented and they need to be able to look after themselves better, giving them more information on what they can do, can only be good.
1. Social prescribing is very important for overall well-being, preventing isolation & reducing the impact of certain illnesses (eg depression). 2. It is vital that we discuss our wishes for end of life care.
because it is helping people to look after themselves - making them be responsible
People should start taking responsibility for their own health, too many people live on takeaways and don't exercise - then expect the NHS to fix them.
Sounds like a good plan
it seems more than we have now
We need to take more responsibility for our own health while we can

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I think its a good idea for people to be given help to manage their conditions and to rely less on doctors and hospitals
because helping people to take care of themselves will mean less of a drain on NHS services because people have smoked, or are overweight or drink too much or use drugs
You cannot force people to be healthier. Smoking rates have gone down because of restricting smoking areas and the introduction of vaping. Personal health budgets are nothing more than privatisation. It is totally against the central ethos of the NHS. What do people do when their budget is used up? As for " social prescribing " we need a lot more GP's, community nurses, psychiatrists etc. The LTP deliberately fails to address these severe shortages. How is SP to be funded? How is it monitored? How long will it last? It's smoke and mirrors and I'm surprised anyone thinks otherwise.
No body asked for my opinion, who was consulted
1. Social prescribing is very important for overall wellbeing, preventing isolation and reducing the impact of certain illnesses (eg depression) 2. It is vital that we discuss our wishes for end of life care
Because we are all individuals who expect different things from the NHS so we need to take more control
People should have a say where the money is spent they have paid into the system so they should be able to say where it goes
Although the above will hopefully reduce the need for hospitalisation in many cases, there is clearly a shortage of hospital beds. Money should also be spent to increase the availability of beds including those for mental health patients.
Everything described makes good sense
Because I feel that it could be a good to make focuse on their health by using some activities make them busy.
In order to decrease pressures on the NHS we must promote self manage for some conditions, this will allow funding to be directed to focus more on end of life care, stroke, and cancer etc
Prevention is great but what is described above feels quite narrow - focus needs to be as much on an inclusive economy, fair benefit system, family support etc. Social prescribing is great but need to invest in the community and voluntary organisations that provide the activities to prescribe into - otherwise we'll have lots of NHS Social Prescribers with nowhere to prescribe people to!
Focus should be on health issues outside of someone's control (weight. Smoking etc is within someone's control)
prevention is better than cure and living a healthy lifestyle makes for a happier life
The increase support will improve people life style, this will provide the best quality care for those who are in need of help.

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seems a good plan

good plan, i like to manage their own health part ,more support may reduce the amount of people going to hospital for unnecessary appointments that can be managed at home.

It all sounds great on paper. The problem is when it's rolled out to all. I represent a group who supports a large chunk of the disabled community and the services they receive are just not good enough. All the initiatives mentioned above are already in place. They're just ineffectual.

Some of them - it depends who the 'health professionals' are. I do not think patients should be 'fobbed off' with pharmacists (for e.g.) to others when they need to see a Dr. What does 'managing our own health' mean. If it is denying people NHS care (as and when they need it) then I do not agree.

A lot of time is spent by patients in secondary care due to the problems associated with things such as alcohol intake, smoking, obesity etc - all things that are self-inflicted and which people can do a lot about for themselves. I think that offering a different range of therapies/activities means that a broader section of the public might engage and be motivated to help themselves. The end result of all this is healthier people and more beds for people who need them.

But don't forget mental health

I'm not convinced that Personal Health Budgets are a good idea - could lead to a lot of time and some money being wasted for no significant health improvement. In general, I think the NHS nationally and locally should show more clearly that's its managing well the huge amount of public funding that it receives. I can't find easily on the NHS Sheffield website that this is achieved locally. Within this, I'm also concerned about Sheffield CCG. I've looked on its website and can't see that's its managing its budget well and that its forward planning for GP services is done well. In my case I'm faced with relocation of my GP service from a location I can get to easily to one that's much further away, has no bus service from where I live, will take half an hour to walk to, and which is in a traffic congested area.

Need more focus on prevention. This needs broadening out to also improving educational attainment, job opportunities and the environment in which we live

People need to have these groups and support to give them the motivation to help promote their health and improve people's life's, but these services need to be publicised so people know these services exist.

Why not try to get the basics right first- reducing the time you have to wait to see a doctor (2 weeks is a joke and becoming the norm. Reducing waiting time at A& E, make a 2 hour wait the target rather than 4. Stop wasting money over prescribing drugs and medical supplies that get thrown away if not needed even if they are still in sealed packages

People need to understand how to look after themselves, by having a healthy diet and healthy attitude to life and with people supporting and giving them the advice will hopefully enhance their lives.

This would give all people access to social activities which at the moment is not accessible to everyone

The NHS should focus 100% on removing wastage. Far too many staff members from the bottom to the top use the NHS to hide. The work ethic is disgraceful

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<p>I believe Barnsley is quite a paternal authority and people haven't had to look after themselves or take responsibility. I believe it is the right direction as we need to educate people to keep healthy, its not that difficult. I also like the idea of Social prescribing I think we should be doing more to promoting this. Our communities are calling out to help the more vulneable of our community.</p>
<p>Since the 2009 Autism Act little has changed for those with a LD. This also needs to be a priority</p>
<p>Preventative is better for people concerned and also cost effective</p>
<p>It is so important that professionals talk to one another, I agree with the statement above</p>
<p>I think that far too much money has been taken out of budgets and that services should be kept local. We need better rehab services for the elderly and short term care facilities made available.</p>
<p>Reducing pollution is a good idea!!</p>
<p>I think it is important to give people more independence in their own healthcare so that they are less reliant on others and they are better educated about the risks of not looking after themselves. This will relieve pressure from healthcare services allowing them to provide more effective and efficient care</p>
<p>Think prevention and early intervention is vital and encouraging people to take responsibility for health choices, but there does need to be the support that is needed for each person, as a lot of people, particularly with mental health issues or alcohol issues, will need more intensive support. For example, they may need support getting to places or they may not go</p>
<p>Whilst these aims are very laudable . it is my belief that they are intended primarily to reduce costs,and that the majority of any savings will be taken by the new I,T systems necessary to operate these functions. i personally believe that "social prescribing" which can be of benefit to some patients , will be applied to most patients , whether it would be applicable or not. In addition ,WHERE IS THE FUNDING for the organisations that will be required to provide these services. in most cases where are the organisations anyway !!!!!!!!!!!</p>
<p>the nhs are currently struggling to meet the demand from general public in all sectors including doctors surgeries and hospitals by handing more personal budgets and funding should alleviate the problem,even if its only minimally however i do see it as a "copout" from a government that should sustain the nhs firstly above many of the less important factors they seem to throw money at.</p>
<p>yes they are but you have to reach these people in the first instance , a lot of people are not interested</p>
<p>advancement is needed but no all dietary</p>
<p>online therapies -not everybody is connected to the internet ,do not have the skills to operate computers , need support to do this , not putting yes or no because there is not a yes or no awnser to this question- undecided some things yes somethings no</p>
<p>If people have a problem, they need someone to go to WITH that problem who will be frank with them about what they need to do. People with problems DO NOT need a multitude of options and information. They need a pathway. In my opinion, all these options are costly and ineffective.</p>

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but shouldn't be left to deal & cope on their own support and advice should always be available
but there needs to be a recognition that things such as social prescribing will have to factor in funding /support to the voluntary groups in receipt of the referrals
but the downfall is common with problems in young and old -five different professionals will have their own opinions on a particular patient.
when personal budgets are implemented to families to care for disabled/ill people i feel that it is important to ensure it is spent on the individual by monitoring their ongoing health rather than by asking whether or how the finance is spent , bookkeeping is no substitute for health monitoring
yes i agree these are the right things to focus on as i feel we need to encourage people to manage their own health as long as any support needed is available locally, befriending ,social prescribing are key to health.
Most of the illnesses people have stem from these problems.
I agree because a wide mix of things can help improve someones well being, through initiatives such as social prescribing. However support is also needed for the services that people will be referred to in the community to compliment this work, so they can effectively deliver this support for people.
Healthcare pathways should be decided by trained physicians and not open to laypeople getting funding to spend on nonsense treatments they find on google
Focus on exercise and mindfulness. Public Health/ Prevention should be a key focus. Also IT - need to invest in IT systems that talk to each other. Not just gadgets e.g. iPads but systems that are fit for purpose.
I think that by encouraging people to manage their own health rather than be totally reliant on medication is an excellent move forwards which is good for both mind and body. And as an 80 year old widow living an independent life alone, doing my own cleaning and shopping and being involved in my church activities and a local woman's group I value my independence BUT I hope that as I age, I will receive quality care and die in the place of my choosing.
Although I agree with helping with personalised care, It feels more like a cost cutting exercise that's more about saving monies than addressing the issues at hand.
I agree that these are the right things to focus on as the mental health service isn't the best right now and people feel as though they don't get the help they need. Also letting patients do different kinds of activities is very refreshing for the mind and for their physical health.
Getting people to help themselves with things that they can will mean more time for nurses and doctors to see patients who have problems that can't be fixed by "self help", especially if a lot of these things are avoidable. Also the social prescribing sounds really interesting because there shouldn't just be a focus that all problems can be solved by medicine, a lot can be done with a wider range of activities
mental health affects everyone
Enabling people to help themselves, this gives them some investment in themselves
People, particularly elderly patients need help and understanding from their Doctor!

#### QUESTION 4

Prevention and having better health management will benefit the individuals as well as ensuring that valuable NHS resources are used more effectively in the right areas.

There is nothing in here about ways to actually make the NHS more effective. Off the top of my head I can think of a handful of people who have ended up with the wrong diagnosis for a serious issue, myself included. I recently underwent surgery for a bone cyst, along with a pin and plate. The paperwork I had to sign was phenomenal, even though it was mostly the same information. It's also far too time consuming for doctors to be able to access patient records. The hospital I was treated at sent a letter to my GP informing him of my surgery. A letter. I can sit and watch anything in the world in real time, message people and get an instant response, and yet the NHS is still using letters. The focus in this long term plan seems to be blame shifting to patients. The NHS is an absolute joke right now, in competently structured, overwhelmingly wasteful.

Need more joined-up thinking/consideration of how issues such as housing quality, food poverty etc. impact on health and more done to address these root causes.

Increased participation in outdoor activities has a range of benefits for health so it's a good idea to focus on early intervention and prevention

Because these things need improving

People are not sufficiently well informed to know what is in their own best interests.

This is taking the onus away from providing a decent level of professional care

Because the NHS is crap at it I suffer with diabetes. Need to keep fit and healthy. The help I get to keep me fit and healthy is very very poor tried to get a doctors appointment. 4 1/2 weeks. 15 days to get the result of a xray extended because I could not get an appointment. My view of the NHS is it is not fit for purpose. I have a pony that was lame the vet xrayed the leg next day the farrier had a copy of xray and was the to do remedial work cost two hundred pound. If I miss an appointment it cost near on £200-00 I don't think you are getting value for my money.

People need to feel that someone cares and can help

People do not always know what is the right thing to do

preventable diseases can be addressed far more economically

I think in particular end of life care is imperative and support given to older people. I do feel however that online support is not the right way to go as people need to feel that someone is taking notice. The only problem is that there is not fits all solution, which will leave a lot of people still requiring support, people need to feel that they are being taken care of, not pushed out to help themselves. There is not always sufficient follow up or feedback and people often feel abandoned and not supported.

Unfortunately NHS staff (in general) don't know what healthy eating is. Diabetes nurses still preach eatwell guide, despite professor Louis Levy of PHE stating that it was designed for people who don't have metabolic diseases, and the NICE guideline advising low glycaemic index carbohydrates- eatwell guide is NOT low GI.

Health and wellbeing should not only be reactive when needed but proactive in its approach to helping individuals manage their health.

#### QUESTION 4

<p>There are far more important issues for the NHS to focus on, such as Elderly Care, and chronic conditions and the ridiculous cost of medicine.</p>
<p>Having been referred to a re-hab exercise class following the installation of an ICD I recognise the benefits achieved. Also I have had great benefit from having a support nurse to talk to.</p>
<p>People should be able to choose where they die, and yes prevention is better than cure.</p>
<p>I'd like to see something more concrete - improving A&amp;E waiting times, mental health services, home support for older people, access to GPs, etc.</p>
<p>It sounds like a load of rhetoric to me. I do not like the sound of personal health budgets. What happens if patients go over the budgets. I believe in promoting health but don't know how this will be done when Gp practices are being closed nationwide, children's health services are suffering more than ever due to lack of resources. How do the government propose to make these rhetorical changes when there is such a wide divide between the rich and poor. I think this plan is patronising and a load of rubbish.</p>
<p>The 1990 Care in the Community Act outlined all of the above, sadly it has failed miserably to materialise. So 30 years later what makes the authorities think it will make any significant impact on people's lives? It's just been tweaked and those who have reassured this hope for the best with little or no funding to make any difference. All hot air and no action yet again!</p>
<p>I don't think giving people control of their funding is a sensible choice. People need guidance and sometimes need to have choices made for them.</p>
<p>A lot can be done to encourage people to look after themselves. I lead two Health Walks that help people into exercise AND company.</p>
<p>But...despite the supposed increase in PHBs and the fact I have cancer, MH difficulties, other LTCs and I'm a permanent wheelchair user, I'm still unable to access any PHBs at all. I think the system is very unfair...</p>
<p>Prevention is more cost efficient, socially and fiscally.</p>
<p>You need to be in control of your own health with the help of the professionals.</p>
<p>Those are things every one - every child knows about. No further education needed surely. Money should be better spent on illness that couldn't have happened from say overweight</p>
<p>people need help to cope with their health conditions to keep them out of hospital</p>
<p>I think health professionals recognising lifestyle choices which are detrimental to health should be spoken about to the person openly and honestly and strong recommendations given to change. Personal health budgets I think are only right for a some people.</p>
<p>These are very important things to concentrate on but there are more urgent things to focus on.</p>
<p>Lah blzh blah</p>
<p>Prevention has always been better than the cure, so the early intervention will benefit everyone in the long run, helping us to stay healthier for longer</p>

#### QUESTION 4

More things should be done for mental illnesses, health care for things that aren't self inflicted such as smoking and alcohol consumption
i do agree that these can be very useful ways of preventing , but i also feel that this would be of some ignorance towards mental health and its rapid increase in the number of people experiencing mental health issues/illness and the fact that these people need assistance and they are simply being told to wait until crisis point of suicide point ,which frankly is dispicable.
Prevention is better than cure and cheaper. Focusing on self-care and social prescribing should help to decrease need for medical interventions.
health prevention is better than cure
empowering people to help themselves and introducing them to new activities is a good way to help people ,help themselves with their mental health.
All of these things are important but the majority of people are lazy where it comes to health and no amount of education will change that. The immediate problem is the seriously over stretched services and the lack of people to deal with the sheer volume of work. Years of underfunding and cuts have created a deficit which leaves staff struggling to manage the work and patients waiting longer. Start with having enough resources to do the job as whether you increase self management and edicts to prevent disease this will have little effect in the vast majority of the population
Putting the onus on patients instead of on services: the NHS is there to treat people when they're sick, not nag them for not being well.
Because the old saying prevention is better than cure is paramount . Large numbers of obese and smoking and drinking to excess are an absolute drain on the bus
Some parts yes. Mental health needs more than online help it needs professional one to one help. Fully funded proper support needs to be pushed towards professional care not some bot/program set up online. Also a part funded/free access gym for weight and diabetes issue's might help as some of the problem is the cost to try and stay fit or lose weight. Some of these things could be costed by using solar power to run it's resource if this government made it more an incentive for hospitals to start using it
Yes and no some points are well focused and some are bad
People are always going to smoke or drink too much or be overweight in today's society. It's something that will never change unless the person themselves decides they want to stop - and if they want it that badly they will do it and shouldn't rely solely on resources from the NHS. We need to put money into curing illnesses like cancer and mental health issues.
I feel staffing levels are at crisis point, as an nhs employee with family in the nhs, we are underpaid, over worked and stressed. Work loads are ever increasing and more staff are leaving. Reasonable pay for the hard work. Consultants take in thousands, for a few hours Work, when those of us at the forefront of patient care can barely keep our families afloat. The promises you have stated are good, but cannot be properly executed until staffing is fixed, therefore it would be a waste of money and time.
Because it is important to support people in all different medical stages

#### QUESTION 4

I believe a lot of these things are essential but feel there is a large need for more Mental Health Services and Support. I feel this area needs more funding due to what I believe is strain on current mental health services due to lack of funds. I feel there is a need for more early intervention and prevention for individuals with Mental Health conditions or symptoms to prevent leading to crisis point and there only being help available when this is the case.

Personal budgets sound complicated and bureaucratic. Not sure about other bits

You will only engage folks who are interested in improving their health. And most of those will probably already be taking action to improve their situation. Those not interested will never engage no matter what is said or done. It is the individuals place to look after this kind of health not the state

We can all be more responsible for our own well being and health.

Prevention is cheaper and easier than the cure

Because we have seen that a focus on treatment has a finite place - prevention and supported self management are the long term investment that is needed

My father in law has just died of cancer and end of life treatment was needed

prevention is always better than cure

It sounds needed

Focusing on activities and encouraging people to integrate with others with similar issues has got to help with mental issues and give support emotionally to those with health issues.

Support to undertake activities with others shows that there are people with similar issues and reduces the feeling of being isolated. It also encourages people to maintain activities as part of team working.

All above suggestions can only be beneficial for mental and physical health - good idea. We need a holistic take on health.

I feel that everyone where possible should try and get involved in a little volunteering and would help them feel better in themselves

I think it reflects the shift in the make up of our lifestyles. As a former Health Visitor I am horrified to hear that the government has had to start another initiative to encourage parents to read to children.

It's the management of this that isn't correct and the fact that patients are unique not just a number or a person who falls into a category.. there are many reasons people have some conditions and they cannot be treated until that person is treated as themselves ..

Shouldn't all health conditions be focused on equally, is it discrimination to focus on some illnesses?

As a woman with mental health issues (postnatal) I would benefit from activities in the community to encourage me to go out and socialise more

#### QUESTION 4

Helping people stopping smoking - You will never do this. Lowering the number of people who need to go to hospital because of drinking too much alcohol - You will never stop this. The NHS will support and train staff - Too many staff do nothing at all.

I think it's good that more activities are out there for people in the community not only does it help people with different health issues it also helps people make new friends

prevention is better than a cure. It is also beneficial to be thinking outside of the box to do things like social prescribing, yet all areas should be targeted not just those that are least deprived.

The individual should be in control of their own well-being and given the tools and support to achieve it.

Everyone has the right to make choices, it helps if they are given good info to make those choices, especially concerning the choice of where they die is most important & the care they receive, palliative, is very important, as is the right to die at home, with support is very important

Providing people with knowledge is just as essential as treating them

Swimming 3 times a week. Step out Sheffield around park and out to Peaks. Importance of staying active. Only £1 a week - makes it affordable

I dont agree

Prevention better than cure

I think looking after the health of the public is vital. Educating people how to eat healthy, do more exercise and other things to promote a better quality of life will not only benefit the immediate people affected but also the generations to follow

Self help goes a long way to taking charge of your illness, also takes pressure off the NHS

Treating a person with direct medical intervention is fine but people require ongoing support on an informal setting to encourage mutual motivation and ongoing engagement. This can be achieved by establishing self-help groups, infoactive events. Mental health is becoming more and more prominent in early years, primary and secondary education. Parenting skills and educational setting need to be aware of now to identify address and support young people in this area. Prevention should be the key to self-help.

Personal Health Budgets and social prescribing give people more control and therefore are likely to be more effective than being told what to do through public health leaflets

Yes and no. Some people do not have the ability to make the right choice even after consultation with trained staff.

QUESTION 4

People need their own day into their care. Online would help but therapies are better I think done as 1 team
Understanding self management and prevention of illness seems sensible and could allow funds to be focused on support for others.
Would help to plan management of my condition
I think this is a great idea. If it happening more should be done to help people with dementia and more info for their carers. Not enough support and information for carers
This is the way things are going anyway. I can't remember the last time I actually saw a doctor. It has always been the Practice Nurse or a Subordinate. My Wife and now self medicate to a certain degree.
I agree with some of them and not with others. Helping people to stop smoking and helping people to be a healthy weight are not my first choice for money. Regarding pollution there needs to be better transport and for lowering the number of people that go to hospital because of drinking too much alcohol - there are other priorities e.g. sepsis recognition, drug abuse also needs attention. These are the things you have chosen to spend money on not service users. I don't agree with online therapies of info for mental health problems. It's the internet and social media which has caused most of them. People who are mentally ill need face to face therapy with real people not virtual others. Urgent care is Sheffield is a disaster caused by the CCG. This needs urgent attention rather than spending money on stopping smoking and diet and giving preference to trans gender etc. Groups I do like to idea of social prescribing which works better than antibiotics! but you need services in place before you can prescribe.
I think its very important that people are informed of any diagnosis they may have and given a management plan of same. They cannot help themselves if they are not kept fully informed of their health problems and where to go if they run into problems i.e. GP, pharmacy. They must take ownership of their health.
Needs a more definite commitment to wider determinants of (ill) health and collaboration with local authorities, housing associations , VCS etc
Yes some of these things - but the managing health. People have been seen to make their health worse by being left to manage their health. So insight - not a good idea.
More choice

QUESTION 4

Having been an ex smoker and benefiting with better health and having a husband with diabetes and now a disability. Prevention is better than cure
Some people need different therepy whilst others do not have the time For such as mental healt it would be a good idea as it would give them something to do. May stop drink problems etc.
End of life care needs to be as diagnosed as possible. The new proposal supports the pathway of patient driven care where the service user is empowered to manage their own care.
Hopefully will save money in the long term by preventing health problems arising.
The help people in a practical way to manage themselves instead of relying on the NHS to solve their health issues
Prevention is always better than the cure
I agree with the health issues which need focusing on but am not sure how personal health budgets would work in practice - there are a few health conditions which result from poor decisions being made by individuals
To make the NHS a better service. A bad service at this time. Part/time doctors
There needs to be greater emphasis on support and management of chronic health conditions - including chronic pain, chronic fatigue and complex mental health conditions
Because everyone has the right to have there own choice they wish to have
Some are - yes and no. I believe that in general these are the correct areas to focus upon. My only concern is in respect of personal health budgets, whereby individuals would control their own funding. Whilst this may be appropriate for some individuals, for others I would have concerns regarding competence and potential fraudulent activity (by patients and/or third parties).
Everyone should be prescribed a variety of activities so they are not lonely, able to make friends and not sat in house looking at same four walls & television
I agree but also think learning disability and autism should be focused on particularly in adults.
the promotion of prevention and support for greater self-management of health conditions is to be welcomed
I would have thought people were very aware of how to look after their own health

QUESTION 4

Any better suggestions? Don't know!
Because a healthier lifestyle creates a happier life
Isolation and inactivity are both known to contribute to ill health both physical and mental. End of life care is so important both for the patient but also for their relatives and friends. A 'good' experience of a loved one's death must surely help those left behind, 'move on' with good memories. Whereas a 'bad experience' might well impact negatively on the ongoing health of relatives and friends.
Sounds like a good idea to me idea to me but the public services need more money.
A prevention plan/programme is certainly a good way to promote a more 'self care' and independent way of managing ones health. It also seems to cover critical illness however I am not sure/have not seen illness such as mental health be addressed accordingly particularly for those in younger age (e.g. teenagers). When I was a university student I was not aware of this condition. I graduated but I fault because I didn't address the issue earlier, it escalated up until now. I would like to see this illness to be addressed comprehensively and aggressively as other physical illnesses such as obesity, heart related problems etc.
Social prescribing if funded correctly I believe can be very helpful
Preventative work and person centred approaches required and a system that sees carers as vital partners
People need to take responsibility for their own health and be supported by knowledgeable staff who should be listened to as experts in their field.
So we can all have Healthy living
mental health is more socialy acceptable and talked about, but yet still causes more deaths as people are not getting the right care. they need someone to help them. physical illness like diabetes and asthma also need looking to to prevent attacks. maternity and parenting groups needs more support as we know there is no manual on being a parent and some need more help than others. teenage parenting groups would benefit from this.
Prescription of activities is just a get out of gail card. Need actual psychotherapy for people with mental health problems. It takes 10seconds for health professional to advice someone on activities nothing more than that. Psychotherapy and psychoeducation is what people need. Not someone to say ooh just go and do some gardenig. Thats so patronising. Real treatment needed. Banning of iapt or total.restructure because to be honest its blooming notorious eveyone pretty much hates it

QUESTION 4

and does more harm than good. Redesign the chronic fatigue service and its treatment because if you look at latest research CBT and GET are harmful for people with ME and what they suggest at the service

These plans sound like blaming patients for their illnesses rather than actually tackling the major problems.

need more focus on mental health especially with young males.

Because these contribute and play important roles in our wellbeing and a healthier living.

Although I don't think the digital route will be appropriate for all

The more information people have the more autonomous they can be and take some responsibility for their own care

Prevention is better than the cure. Simple

Social Prescribing- releases pressure on the NHS Sometimes people develop diabetes because of poor health

positive encouragement to look after your own health will decrease pressures on NH in the future

As above, also look at providing overall massage therapy ie reflexology with oils etc at moment very restricted to lung or chest patients. In my case having to try complimentary via weston park but this is limited

Prevention, early intervention in all aspects of health are important and the best. Also where non-invasive therapy ie lack of surgery or drugs can be used, it has to be the best. Furthermore the use of medication when needed can be more effective if a person has greater social interactions and more responsibility for their own health. However all this is only possible if there is good & easy access to PRIMARY CARE!

It is better for people to be able to talk and meet up with others that have the same or similar health problems

NHS money should not be spent on activity groups that's ridiculous

I was very isolated when I was waiting for knee and hip replacement surgery and was helped by going to a social care and craft groups where I made several friends who had similar difficulties to me. I would like these things enhanced to help other people too.

QUESTION 4

Personal health budgets who decide what I need & what happens when it runs out. Personal social care budgets introduced in the past what happened to them? I want the money to be there when I need it.
I agree with what the long term plan outlines . Prevention is always the best policy but It is down to the individual to look after their own health and not put a strain on the NHS It is an incredible service whereas no other country provides.
Reduce pressure on NHS . Long term cost reduced. Budget. Staffing
The best strategy is prevention preventing illnesses from manifesting in the first place can improve quality of life and conserve NHS resources. Social prescribing can also be a flexible yet effective way to improve physical and mental health.
I feel it is sometimes difficult to book an appointment with a Gp and then be referred to hospital the time is too long. For example two weeks for an appointment to see a Gp and then months to be seen by a consultant. These services should be quicker this is what I feel is important to the patient. The time it takes for a diagnosis the patient could be in a life threatening situation which could have been prevented
Focus should be on ensuring access to clinicians in a timely manner when needed. Improving appointment system for screening and annual reviews so number of surgery attendances are reduced.
If I had been treated earlier instead of being passed around I wouldn't be left in life long pain, trying to assess treatment in hospitals for diagnosis is horrendously difficult
It also needs to focus on timely access to clinicians if needed
People need to take more responsibility for their own health. It seems that there is a growing number of people who have a "why should I bother to make a change, someone else will sort me out later"
More needs to be done for the people who have serious psychiatric or mental health disorders. Referrals need to be quicker and support personalised.

QUESTION 4

Important to become proactive instead of reactive and increase health promotion and awareness
the healthy they are the less NHS money will be needed to spend on them. However I do feel people should be responsible for their own health.
Plenty of money has already been spent on initiatives that help people stop smoking and reduce alcohol intake. There are also plenty of volunteering programmes and access to recreational facilities. Stop throwing money at the problem
Very often patients are diagnosed and no support offered to help them control their condition
But...when you mention getting people to manage their own health it rings bells of cutting services, doing it on the cheap while putting the blame on the individual and not taking into account the commercial and economic factors and lobbying that encourage people to indulge in unhealthy lifestyles so they can make profit out of it.
A lot of this is education not health. The NHS should focus on sick people. Not spending money on teaching people to cook! But denying people vital drugs.
Before you start trying to bring new things in the NHS seriously needs to up its game on the services it already provides and sort its staff out. There is no genuine care from a lot of NHS staff, you aren't listened to or taken seriously, the care you receive not only in your hospital but in your local GP surgery is severely lacking. It's also a postcode lottery as to whether you are able to get the drugs you need if you do become ill. That is so wrong, and in my opinion immoral! We pay into the NHS, why on earth should we be denied treatment and have to fundraise in order to go abroad?! Cleanliness is also severely lacking in hospitals. I think you need to look at the NHS of the past and maybe bring back some of their values, ways of working etc
I feel it's sometimes difficult in a time of need to book an appointment with Dr, waiting times then referral times. If these services are more readily available to the public in a more direct way this is more important to the patient/public. Easier to obtain the much needed support in a more direct way, of which more people will then get, rather than leaving it much further down the line when then a more professional service would be required. Costing the NHS.
Mental health issues are massively on the increase in younger & younger children. Support is sadly lacking in this area especially around primary aged pupils.
Yes and no there are some people you just cannot help and will carry on regardless and the money could be spent else where
It's like fighting a fire with fire

QUESTION 4

Good life, health and death isn't just about medication, and being medicated. I would like to be enabled to take charge of my health problems.

I agree that prevention and education is extremely important. My only concern is if you create an online therapy programme, you may decide to take away face to face therapy which I believe would be a terrible and detrimental thing to do.

Preventative care is far better than trying to cure some conditions.

It's important that people are encouraged to take responsibility for their own health care (but without feeling abandoned).

A lot of doctors surgery need more training and information

There is very little if any out of hospital care - you have to go looking and sometimes with COPD and being bipolar it isn't always easy, especially living on my own.

Both yes and no! In principle I'm in favour of this BUT I'm always worried that its a 'cheap fix' that could end up reducing specialist interventions. It all depends on how it is funded or implemented.

All of these things will help people especially activities and end of life care.

End of life care has improved a lot in acute hospitals and hospices but it is not as good in the community.

These are issues that are constantly being looked at in health care settings and would benefit from this

The government will ignore any of your recommendations regarding pollution, climate, alcohol (too much money is gathered to treasury from our socially accepted addictions) . Stop paying ludicrously huge salaries to top tier beaurocrats, they are most definitely not worth it!!!! Start educating your doctors about our Endocannabidal System (all mammals are gifted with this system) which in turn would save the NHS billions whilst giving effective safe alternatives to the dreadful toxic crap touted as medicine by big pharmaceutical industries (\*they would rather turn patients into lifetime customers) ....The NHS is NOT a business, it is supposed to be a Health Service! !!! Cancer research has had over 100 years to find a cure yet still most die (often from the chemo not the cancer) but have successfully colluded with big pharma and government to prevent ANY alternative treatments, hence any notion that the patient has ANY choice in there healthcare is ridiculous, and upsetting. Access to medical cannabis illustrates this point. No doctor or pharmacist will give help or advice regarding simple herbs for simple ailments claiming not to know anything about herbs but yet herbs/plants are the prime source of most of their lab made meds!!!! Stop steering everyone towards big pharma corporate corruption PLEASE.... some of us want natural medicine, after all it was all we had for thousands of years. People often come back at me with statements like ..."yeah but people died from diptheria/pox/flu etc.....yes and 1 in 2 can look forward to cancer now.....yay🐱🐱🐱.cant be bothered to rant any more as i dont believe my views count for sod all. Modern politics truly suck🐱

QUESTION 4

I feel it is very important for individuals and family to take responsibility of their underlying condition.
Sounds a good idea to combat loneliness
Social prescribing is a great idea - people will get out more, therefore meeting new people, making new friends hopefully will improve mental health as well as physical health. Also agree with the end of life care and people being able to choose where they pass.
Hospitals are only for the very ill. By focusing on prevention rather than cure a lot of illnesses can be prevented therefore putting less strain on acute resources. Particularly educating children to make these changes to protect their health and future. There is already a stretch on NHS with a growing aging population. Many people access acute services as a stop 'fix' which is not appropriate.
I believe that educating people so that they understand their own healthcare can and will prevent the many illnesses and help individuals to manage their own health and make own individual choices and decisions.
Preventative help and education are imperative, but it needs to go hand in hand with issues around housing, open spaces, traffic reduction etc
As a former trained nurse and current healthcare professional, I believe that promoting holistic health and wellbeing is paramount. This is not solely about meeting clinical needs.
Need to have active involvement of patients and give people the confidence and knowledge to make change
This all has largely been policy & in a wider context for ages, make it real! Get on with it! Start letting go of power you think helps you stay in control
Some vulnerable people are unable to take control of their own health and budget and will be disadvantaged
Prevention is always better than cure. Evidence base for social meaningful activities improving depression and mental health. not sure I agree regarding personal health budgets as some people don't find this works and can be burdensome for the ill to employ people - not right for everyone.
If people are helped to manage their own health and well being then hopefully these skills will be passed on to future generations. However it is a bit rose tinted spectacles because if folk who are obese wanted to manage it then possibly they already would have done mental health is a good focus point as is end of life care choice. Social prescribing is brilliant. I planned social and volunteering into my retirement. It's really helpful to have structure and commitment in the week

QUESTION 4

The proportion is not right...too much focus is being put on on-hand on care. Many people want to talk to Gp's/healthcare professionals in person, not be forwarded to online, non medical facilities

If most of these health issues are address early on we should be able to save money to NHS, but also look to use the money elsewhere.

Preventable chronic illness due to smoking drinking alcohol and being obese are a huge drain on the nhs so it makes sense to help prevent these.

They SOUND positive but aren't always what's wanted by an individual. I HATE online CBT. I wouldn't want to manage s personal health budget. Social prescribing is all very well but services (eg leisure centres) are often inaccessible because of bus service reductions.

Some of these are about giving informed choices but you can't force people to change

Yes and no making them online services definitely not its human contact that's needed along with compassion and empathy

I think it's important people can die with respect and dignity, with the people they love. I do think that the waiting lists for surgeries around transitioning, e.g. top surgery, are too long though. It would be great for more funding to be put in here. It's great that mental health services are being improved, but shorter waiting lists would support transgender people's mental health

Because we need to prevent disease not throw pills at it. These approachs will also help me who has a diagnosis to perhaps reverse my symptoms. But there needs to be a holistic approach which recognises that food choices are skewed by industry and people also have dreadful working lives or don't work- both add to the stresses of life. Can the NHS deal with this alone?

It seems to cover all the important areas of prevention, saving money and time with less illness to treat.

Because you cannot get a personal health budget in rotherham

Keep people healthy to reduce pressure on services

Maternity and parenting support and mental health issues aren't always fixable with group activity...it isn't a one size fits all approach and they shouldn't be included in the NHS's approach to help patients self regulated....they should have their own targeted approach



#### QUESTION 4

I think having appropriate funding and staffing that can commit to these plans, clients/patients will feel much more ease and confidence than to feel like they are being an hinderance or staff are too busy to understand personal issues.

It makes sense for a financial point of view. Equally no one wants a long term illness so supporting life choices to avoid this should be encouraged and most will find useful

I believe we need to move away from treating the symptoms of illness and treating the causes.

I agree roper should be able to buy their own care where they need it

This should be supportive measures only and not in any way involve punitive measures for those unable or are unwilling

I think people on the whole need to take more responsibility for their health though I'm aware that not everyone will be competent to do that.

Simple, prevention is better than cure & is more cost effective

a healthy life style will reduce costs to nhs in the lng term

We have limited resources and have to try and push healthcare "upstream" towards prevention, rather than treatment

As long as people are not made to feel guilty about the way they live their lives.

While there is nothing wrong with educating and enlightening people I do not believe these should be the MAIN FOCUS of development and extra funding of the NHS. I am wary of the giving of general advice on health because sometimes people have conditions which have not yet been diagnosed which following general advice could actually make worse (For example colitis can be exacerbated by taking the "5 a day" advice. There is also a danger that people may not go to their GP quickly enough with new symptoms because they put it down to a general problem (eg.weight) . Emphasis MUST be placed on enabling GPs to see people more quickly and referrals to specialists and tests done more quickly and reducing waiting times in hospitals. Of course, this is much more expensive than having a few short term groups talking to several people at once but in most cases help NEEDS to be personalised, not on a one size fits all basis. This ius particularly true of mental health. The personal , one to one approach which actually kept me alive in deepest depression years ago has now almost gone, replaced by short courses and groups. In Sheffield, the reorganisation of MH services in November 2017 has left people unable to access them.We need to concentrate on more accessible and quicker individual diagnoses and treatments.

QUESTION 4

I think, similar to direct payments in social care, it put too much pressure on unwell and vulnerable individuals to try to manage their own illness. Often they do not/ cannot and it becomes a gap in service and symptoms get worse.

Better managed conditions lead to better quality of life for the individual and lower costs to the NHS in the long term

Our culture is passive, ie not very physical. Tv. Pcs. Cars. Etc. Also consumerist, ie eat, drink, buy, take etc. We run a carefarm and want it used for exercise, socialising, growing, inspiring, having fun, care for animals etc. To host people in need of healing etc we need funding. For our staff and volunteers and resources. Why aren't doctors encouraged to refer patients and funded to subscribe activities and also to prevent vulnerable people from becoming ill?

Because people going through the above need the nhs the support they provide really helps you to get back on your feet and know your not alone in times of need. They are an important element of well-being.

to free up valuable GP/hospital appointments for more complex patient needs. If people feel better about managing own health they tend to not visit the GP as much

People need to take responsibility for their own health. Free prescription for certain conditions needs reviewed. Why should obese people with diabetes have free prescriptions when it could be avoided but asthmatics don't and have no control over getting asthma

Educating is important

emphasis on preventative work and emphasis on supporting people to make healthy choices

Have mixed feelings about personal budgets ie how would this affect mental health patients, learning difficulties, dementia etc ?

Not all people can be relied upon to manage their own health. Some health conditions would not be there without the individuals self neglect.

QUESTION 4

Stigma of attending these groups and people won't want to help themselves if they lack capacity
People are not stupid they know that smoking is no good, most people do not like being fat but know what to do about it
All key public health initiatives but need to see more focus on young people and those with learning disabilities
All of these things/courses/clubs/sessions etc will be timed to be held during working hours, with no childcare or travel costs covered. Working population who have LT health conditions are forgotten ...i don't have the time to do these things outside of working hours, have no one to care for my kids, and can't afford time off. Regardless of the law, i simply don't have the energy to take time off work and cover all my work when i get back on top of all associated costs. If i could get PIP on top of my wages then i could. Sort this out before offering stuff only unemployed, retired etc can access
Social needs are a significant contributing factor to poor health outcomes
There needs to be a shift in how we view healthcare. There is often an expectation the NHS will fix us regardless of how we treat our bodies, possibly due to the way medicine is delivered. We aren't taught to query or question what the doctor tells us. You have to apply to view your own medical records! This creates a lack of responsibility for one's own health. Shifting that balance will empower people to take more ownership and stop the expectation that your health is someone else's problem.
Individuals should take responsibility for their own health with appropriate support, guidance and resources. Social prescribing will help many with a range of issues.
we should all take some responsibility for our health
All sensible solutions
Also, no, because face to face care is very beneficial.
Because prevention is essential in helping people look after their health. This way more money can be spent on health conditions which are unavoidable.

QUESTION 4

It is not a yes or no answer - I agree with some things but not with others. Yes to excellent end of live care Yes to help people stop smoking but without penalties. eg you can't have this operation unless you stop. There are no penalties for people who drink or take part in dangerous activities No to pollution - would mean taking money away from front line services No to increasing personal health budgets - as people may waste money

I think people need to take ownership of their own health but they are unable to do this if they do not have access to activities/skills/education to do this. Waiting lists for mental health services are too long and this is valued disproportionately to physical health.

Too many elderly people living alone, loneliness,.

I do agree but doubt there would ever be enough money to see it through

Lifestyle induced disease is a huge drain on resources and these are largely reversible or preventable.

People should take more responsibility for their own health with the correct education and support

So much emergency/immediate care could be prevented by early intervention & education. Prevention surely is better than cure for both the NHS & it's patients. I would imagine it would also be more cost effective in the long term.

It would be the ideal way, if doctors, and social workers ,were made aware of lonely people ,and would , take the time to watch over these vulnerable people , who have no one who takes the time ,even for a phone call , I know ,I am in this situation.

Priorities should be on finding treatment for illnesses people get and not by addiction which is self inflicted

For better future health of the local. Immunities and the nation as a whole.

People to take more responsibility over own health

QUESTION 4

I particularly support social prescribing ..The Healthy Living Centre approach is an important aspect of enabling people improve their health . End of life personalised care additionally enables choices and options and recognises one size doesn't fit all ..and that individuals are best placed to know what they need and want .

I think the groups are a good idea as it can help people make friends

End of life care is a very important area.

It is important to give people the opportunity to take control of their own health

We need to empower people to take care of their health and prevention is better then cure both for the NHS and people

personal hygiene ,mental health needs to be added as activities will be good and for other ailments to get people out of the house, question who is paying for this as some of the activities can be expensive and will it go to the right people as seen with benefit some are not getting the support needed and others who know the system are getting full support where the ailments have been exaggerated (I have seen this time and time again in my role ) , the theory is ok but this could be used to scape goat, patients and miss vital clues to more serious illness by some professionals so a system for a order to refer will need to be established

Social prescribing reduces the need to access acute services and develops community networks which assist with people becoming reliant on the medical model for support

I would like to see cancer research at the top of the list

I mostly agree but I think there should be bigger focus on mental health

Most is good some of it needs tweaking.

They effect a lot of people

QUESTION 4

The environment affects all so working on saving it should help illness in the long run.
Preventative makes people feel healthier and will remove some of the issyes
These appear to be areas that can make a difference in an individual's life and where they can learn and develop skills to enable them to self care.
Obesity & smoking have repercussions on peoples health. If people can be educated to make healthier choices themselves this could reduce the impact on the NHS. End of life care is extremely important - having experienced this with relatives it is important that they can make their own choices & die with dignity.
Benefits people from all perspectives
Because they are things for the future
It benefits people from all different perspectives
I think these are good things to focus on to begin with. As part of parenting support it is important to advise parents on the health of themselves and their children. This may enable parents to pass on information to their children and families, hopefully creating a healthier environment within families and reducing the need for health professionals to do this. I think patients should be made aware why they are receiving this advice and support and how it can help them and the links to improved health. If you are experiencing a mental health issue, someone suggesting an activity like gardening might not make sense at all. It would be important to back this up with further support and follow-ups.
Cost of prevention must work out cheaper than cost of dealing with at a later date
We need to prevent these illnesses in early life so that people are healthier in later life and can look after themselves.
Yes it is very sensible and logical to educate people on self-care so as to cut costs for the NHS via hospital stays, prescription charges etc., but I think this education needs to start within schools. As a teacher I see so many children that are already overweight or obese and a lot of the time their parents are too. If you don't educate them until they end up in hospital or at the doctors, in a way it may be too late. I think a worthy imvestment in the NHS would be workshops in primary and secondary schools about why being healthy is so important not only when you're young but as you get older too. This could maybe include getting behind initiatives like Sainsbury's active kids and others, which help schools who are struggling for funding to get equipment so PE lessons in school are fun and engaging and encourage others to get into and stay in sports.

#### QUESTION 4

It is vital that people are given responsibility to manage their own health. It is vital patients are informed so they can make informed choices.
Cancer needs more resource
It's already too late for some.Nhs should focus on treatment rather than try to educate what everyone actually knows
I think more time needs to go into mental health with is usually at the forefront of the above
I think we need to spend more money on prevention to reduce cost of cure.
As people should have a choice how they manage their own health.
Children & young peoples mental health needs a higher president. Waiting lists are far too long to enable families to get the right support and where necessary diagnosis. General health campaigns are shared regularly but CAMHS are far too oversubscribed and in great need of funding.
As a patient one the most valuable aspects is being able to talk to a healthcare professional as and when needed. Everyone has different needs and need to be treated as an individual. Funding has been taken from important areas such as mental health etc. Social prescribing is a great idea, I have seen similar in other countries, it would improve mental, physical and social issues.
I agree these are the right things but it shouldn't just be about these it needs to identify the impact that people's living and working conditions has on live choices (wider determinates of health
I believe the social model of health improves quality of life and is key in preventing some illnesses.
Often I feel doctors don't have the time to be sensitive or spend with you they need more awareness.
But not sure how personal budgets would work. How would you determine how much each person can have?
It is important that people have choice and control over the healthcare that they receive to meet their needs